



Post-Operative Instructions

Shoulder Arthroscopy Decompression

- Use ice or your Polar Care unit on the operative shoulder for 72 hours after surgery. You can use the Polar Care unit or ice for 30-45 minutes at a time if it is not uncomfortably cold. Do this several times a day.
- If using the Polar Care unit, you can leave the pad in place and disconnect the tubing as needed to get around. When reconnecting the tubing, make sure the connection is tight between the 2 parts of the tubing. While using the Polar Care unit, make sure the surgical towel is between your skin and the pad throughout the entire pad. If your shoulder becomes uncomfortably cold, turn the Polar Care unit off.
- Please wear your sling until your block wears off. After that, you are not required to wear the sling and should do so only as needed for comfort.
- After the nerve block wears off, you may begin working on moving the operative arm out in front of you, away from your side, and behind your back, let pain be your guide. You may benefit from a family member or friend assisting you with this.
- You should remove your surgical dressing 48 hours after your surgery. Leave your incisions open to the air unless there is drainage. If there is drainage, keep them covered until there is no drainage. If drainage persists more than 4 days from the time of your surgery, please contact us.
- You may shower and get her operative shoulder wet 4 days after your surgery provided there is no drainage from your incisions. Do not soak your shoulder or use scar creams or lotions on the incisions for 1 month after your surgery.
- Do not lift anything with her operative arm. Do not use your operative arm for repetitive activity or for activity that requires any significant amount of force.
- Lying flat on your back may be uncomfortable at first. You may find it more comfortable to sleep in a recliner or with pillows behind your back for the first several days after surgery.
- If you do not already have one, make a follow-up appointment for 1 week after surgery.
- Call with questions. (804) 288-3136, Extension 11050.



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starts
here.**

Harry J Shaia, MD

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